

# Hawaii MARINE SPORTS

Hawaii Marine C Section

July 30, 2004



Lance Cpl. Michelle M. Dickson

Children aboard MCB Hawaii, Kaneohe Bay, compete in a friendly game of soccer as part of the Youth Sports program, Saturday morning. The league has games every Saturday and practices twice per week here.

## Youth soccer keeps ball rollin'

**Lance Cpl. Michelle M. Dickson**  
*Combat Correspondent*

Shouts and cheers of excited parents filled all three soccer fields here, as children of local service members competed in three soccer games in the Marine Corps Community Services' Youth Sports Program, Saturday.

"This is so great to do because it's all on base, which makes it really convenient," said Raina Hockenberry, a service member and mother of one of the soccer players in the Mini-Grass League. "I'm a single mother, and this provides something that I know he'll love, and I can easily manage taking him to."

It is the second year of participation in the program for her 6-year-old son Kiegen, who's been playing for three years, according to Hockenberry.

"He loves soccer, and especially being the goalie," she said. "It doesn't even matter that he is a special needs child. He's welcome to participate as much as anyone else, and isn't treated any different than any other one of his teammates. The coaches are willing to take on the special needs that other places won't."

No score is kept for the Mini-Grass League, but scores are kept as children get older and move up into other leagues.

"The referees, during the games, take the time to really teach the kids basic soccer skills, rather than just call fouls and keep score," said Hockenberry. "They'll even sit right down with the children to explain something, so everyone can understand it and take something away from the game."

Games are played every Saturday

morning, and teams practice twice a week here at Kaneohe Bay. Games are mostly played here, but sometimes teams travel to other bases such as Pearl Harbor and Schofield Barracks for competitions.

Hockenberry said the biggest problem the league faces right now is the lack of coaches.

"There is actually a waiting list for children to play soccer here because there are so many more kids than coaches," she explained. "Our team was almost disbanded for that reason, until we had some people volunteer their time to coach and keep the team going."

Anyone interested in volunteering to coach Youth Soccer, or other Youth Sports during the year, should contact Clark Abbey, the Youth Sports director, at 254-7610.



## MCBH embraces 101 Days of Summer

**Edward Hanlon V**  
*MCCS Public Relations*

"By providing alternative events and activities to the base community, and focusing on the wise use of free time, we can show people that there are a lot of fun things to do without the need to consume alcohol or illegal substances," said Dan Dufrene, Health Promotions coordinator for Marine Corps Community Services here, when responding to a question on the basic design of the 101 Days of Summer Program.

Dufrene is but one of many players who has helped create the successful program aboard MCB Hawaii. Personnel at the Base Substance Abuse Counseling Center, Semper Fit Center, several commanders aboard base, and others, have joined to support the program's objectives.

The 101 Days of Summer campaign, which runs from May to September, is a product of the Commandant's letter regarding the Drug Reduction Initiative and Partnership, sent to commanders in April of last year. The campaign is designed to educate Marines and Sailors on the dangers and consequences of illicit drug usage, as well as promote responsible alcohol usage and offer healthy alternatives to both.

During 101 Days of Summer activities, units vie for points in numerous events, from races to tournaments. Many special events including BayFest and last week's 48-Hour Hoopla, Single Marine & Sailor Program activities, and even urinalysis testing, establish the measurement basis for the campaign.

Points are calculated at the end of the campaign, and the top placing units are awarded money towards their unit party funds.

According to Dufrene, the 101 Days of Summer campaign is well on its way to becoming a steadfast program here.

"The program has really grown since last year, said Dufrene. "This is our second year, and we expect even more participation in the future," he added. "The 101 Days of Summer program offers additional activities to personnel so they can have more choices in their leisure time."

Of the many benefits and results of this campaign, one singular correlation merits recognition, according to Dufrene. The number of urinalysis samples testing positive decreased by 24 percent during last year's campaign, when compared to 2002.

Headquarters Battalion placed third in points in 2003, with 5,667 points; Marine Corps Air Facility, second, with 5,700 points; and Marine Aviation Logistics Squadron 24 earned first place honors with 6,220 points.

Upcoming 101 Days of Summer events include a basketball tournament, Aug. 5 - 8 at the Semper Fit Center; a softball tournament, Aug. 20 - 22 at Riseley Field; and the Health & Fitness Fair, Aug. 26 at the Semper Fit Center.

To learn more about the 101 Days of Summer, contact Quentin Redmon at 257-3900, or the Semper Fit Center's administrative office at 254-7636.

## MCBH cross country team needs runners

**Marine Corps  
Community Services**  
*Press Release*

Headquarters Marine Corps has announced the creation of a new All-Marine level cross-country competition that will be used to select the fastest runners in the Corps to compete in the Armed Forces Cross-Country Championships in Dallas, Texas, in February of 2005.

Each Marine Corps installation is encouraged to put together a team of five men and three women, which will travel to Marine Corps Base Camp Pendleton, Calif., to compete in the service-wide competition, Dec. 9 - 12.

"We're looking for the best runners the base has to offer," said Rob Adams, head coach for MCB Hawaii.

"It's a great opportunity for our Marines. The Commandant has great interest in seeing the All-Marine teams perform at their best," said Adams, himself a competitive All-Marine level runner. "This competition will help identify the fastest people out there."

Although any Marine may tryout for a spot on the team, only those who are serious should tryout. With just more than four months to prepare, Adams



Sgt. Joseph A. Lee

**Rob Adams (right) leads the MCB Hawaii Running Team in some stretching exercises before practice Wednesday night at the Pop Warner Field track.**

said training will be strict and intense.

"I encourage everyone to come out and give the team a try, but in the end, only the top runners will be selected to go to California in December," he explained.

"With the success of the Regional Running Program, we thought we'd create another vehicle for finding new talent out there. Events like the upcoming

All-Marine Cross-Country Championship will greatly enhance our existing programs, and should be a great way to observe the future of the Marine Corps Running Program," said Steve Dinote, Head of Marine Corps Sports.

Marines interested in representing MCB Hawaii, should contact Marine Corps Community Services' Athletics at 254-7590, or Coach Adams at 257-2468.



# BASE SPORTS

Edward Hanlon V  
MCCS Public Relations

Athletics at 254-7590.

3 / Tuesday

Last Summer Swim Lesson Session — Head to the K-Bay base pool and register for the last Summer Swim Lesson. This two-week course is designed for swimmers of all ages and abilities, and can boost your kids’ confidence in the water. This session consists of eight classes, to be held from 1 to 5 p.m. Cost is \$35. Call 254-7655 for more information.

30 / Monday


Flag Football Registration —

August


1 / Sunday

Tae Kwon Do Trials — The Army Invitational/CISM Tae Kwon Do Trials are scheduled for Sept. 22 – 27 at Fort Indiantown Gap, Pa. Interested Marines and Sailors aboard MCB Hawaii should submit a résumé along with command authorization to the Marine Corps Community Services’ Athletics Office no later than Aug. 1. For more information, call

Base All Star



“Train like a champion, be a champion.”



Rob Adams

Unit: Headquarters Battery, 1/12  
Billet: Supply Officer  
Team: MCB Hawaii Running Team, Coach  
Hometown: Sturgis, Mich.

- Adams was tenth overall at the 2000 Marine Corps Marathon.
- He trained at the Olympic Center for the 2000 Olympic Trials, 10,000 meter division.
- In 1999, he was the 10,000 meter Armed Forces champion.
- He was the eight-time All-American in the 5,000 meter, 10,000 meter and Cross-Country divisions for the University of Colorado at Colorado Springs, Colo.

MCCS Youth Activities, the Windward Community Federal Credit Union and the Hawaii Youth Sports League are bringing football back to Kaneohe Bay. Youth born between ‘90 and ‘98 are invited to join one of the leagues. Practice begins Aug. 30. Cost is \$40 for YA members, \$50 for nonmembers, and the season runs from Sept. 11 until Oct. 30. Registration is underway now, so call YA at 254-7611 or stop by Bldg. 5082. Volunteer coaches are still needed to make this program a success.

September

18 / Saturday

In-Line Hockey Registration — The Oahu In-Line Hockey League and MCCS Youth Activities have joined up and are hosting Youth In-Line Hockey aboard Kaneohe Bay. The league is for youth ages 6 to 17, and begins Sept. 18. Each team will consist of a maximum of 15 players, and when all rosters are filled, additional registrants will be placed on a waiting list. Cost is \$60 for YA members, \$70 for nonmembers, and includes the U.S.A. fee, jersey and certificate. A copy of the child’s DoD ID card or birth certificate is required for registration. Also, hockey equipment sponsorship is available, but supplies are limited. Call Youth Activities at 254-7611 for more information.

Ongoing

Youth Activities Cheerleading — Registration is currently underway for Youth Cheerleading. Numerous leagues are open for children born from ‘88 to ‘98 at a cost of \$40 for Youth Activities members, and \$50 for nonmembers. The season begins in October, but practice begins in August. Volunteer coaches are needed, so give Youth Activities a call at 254-7611 to support base youth. Mahalo is extended to the Windward Community Federal Credit Union that makes these Youth Activities events possible with its sponsorship.

Gone Fishin’ — Join Mahalo

Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter contractor now has two different boats to accommodate all of your fishing needs. Check out its newest boat, the Bill Collector, built for charter fishing at its finest. Call 254-7667 for more information.

NASCAR Sundays — Race to Kahuna’s Sports Bar & Grill to catch N A S C A R . The club opens with breakfast at 8 a.m. and serves selections from the grill menu until closing time at 8 p.m. If you wear your favorite race driver’s gear, you receive \$1 off chicken wings.

Commanders Cup Bowling League — The league just finished its first season, a successful one chock-full of bowling fun for everyone. To learn more, give your input or just sign up, call 254-7693.

Sailing Classes — If you’re looking for something fun to do this summer, learn to sail your own boat or be your own captain. Youth (from 8 to 18 years old) and adult sailing classes are available. Two-week classes run from Monday through Friday, throughout the summer, from 9 a.m. until noon, or 1 until 4 p.m. Cost is \$99 to become a certified sailor. For more information, call the marina at 254-7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, as

Mondays through Thursdays, all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, and does not qualify for tournaments, leagues or unit functions. Call K-Bay Lanes now to get the spin at 254-7693.

Color Pin Special — Every Wednesday, roll a strike when a colored pin is in the head-pin position, and win up to three free games of bowling. All patrons are welcome to this deal. If you make the play, you win!

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month. Call 235-6585 for more information.

Paintball Hawaii — Near the Lemon Lot, by the intersection of Harris Road and Mokapu Road, lays Paintball Hawaii. Shoot over for the great deals and have a blast. Cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee (paint is extra). Players can purchase paint at the field from anywhere between \$45 – \$50 for a case of 2,000 balls. The field is open on weekends from 9 a.m. to 5 p.m. Call 265-4283 for Friday appointments.

Intramural Soccer Standings		
	Wins	Losses
3rd Radio Bn.	7	0
1/12	6	1
Headquarters Bn.	6	3
3/3	3	4
VP-4	2	5
CSSG-3	2	7
MAG-24	1	6
Intramural Soccer standings are current as of Monday.		

# COMMUNITY SPORTS

MLS Soccer Camp Kicks Off

The Hickam/Pearl Harbor American Youth Soccer Organization (AYSO) is holding its final registration for fall youth soccer tomorrow from 2 to 6 p.m. at Hickam AFB’s “BXtra.” Registration is open to boys and girls ages 4 – 18 years old, and the season will run from August through early November. The AYSO registration fee is \$55, and proof of age is required for first-time registrants. Parents can preregister by calling 834-5979 or e-mail registrar@ayso region188.org for more information.

Coast Guard Offers Boating & GPS Classes

Coast Guard Auxiliary Flotilla 18 is offering a “How to Read Nautical Charts” course in the party room at McDonald’s Uptown at Pearlridge Mall, Aug. 7 from 8 a.m. until 4 p.m. Cost is \$35 and includes a manual and exams. This course meets U.S. Coast Guard, state and national boating law administrators’ requirements. For more details, contact Rick Saltzman at 952-9696.

Sports Racing Abounds

Solo II or Autocross racing will be held at the Hawaii Raceway Park at the Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars normally compete, from stock vehicles to racecars. This event’s purely amateur;

anybody can participate.

Each driver will receive four runs through the sports car course, and the driver with the single, fastest time in the class will win. Points acquired throughout the year accumulate for prizes and trophies by year’s end. Minimum participation in more than half of the year’s races, however, is required to be in the running for points and championship. Autocross races are scheduled Aug. 1, Oct. 3, Nov. 7 and Dec. 5. For more details, call Curtis Lee at 262-5987. Also, Wheel-to-Wheel and Solo I regional sports car races will get underway at Hawaii Raceway Park. All drivers must pass a driver’s school to obtain a competition license, as the cars are raced at a much higher rate of speed (up to 140 mph) and passing is permitted. Also, both the driver and vehicle must comply with a number of safety features before they are permitted race entry. Wheel-to-Wheel races are scheduled on Sept. 6 and Nov. 13. For more information, call Ed Kemper at 524-0330.

Hale Koa Hosts Summer Fitness

If tennis is your sport, “do” the Labor Day Weekend Tournament, Sept. 4 – 5. Call the Hale Koa Activities Desk for

more details at 955-0555, ext. 546.

Also, be sure to ask about future happenings at The Point Health Club at the Hale Koa Hotel. Call the health club at 955-9155 for more information.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m. (Bring bottled water and sunscreen for outdoor activities.)

Sundays at 8:30 a.m.: With “History Tours by Bike,” ride into off-limits areas on mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Day rental of bikes and helmets is included; however, wear closed-toe shoes on this tour.

Mondays at 8:30 a.m.: Join the “Hike to Makapuu” and take a moderate 2.5-mile roundtrip hike to the Makapuu Lighthouse and stunning vistas. Wear closed-toe shoes.

Tuesdays and Thursdays at 10 a.m.: Enjoy “Lei Making” and pick your own flowers to use in making beautiful lei

and enjoy ancient Hawaiian folk tales and stories while making your keepsake.

Wednesdays at 6:30 a.m.: With “Bikram’s Yoga,” gain a sense of well-being and good health in this Indian-style form of yoga, which features 26 postures and two breathing exercises.

Wednesdays & Fridays at 8:30 a.m.: During the “Snorkeling Tour,” discover the magnificent underwater world of the ocean at a nearby, undisturbed reef. Transportation, instruction and snorkeling equipment are included.

Wednesdays and Thursdays at 1 p.m.: “Kayaking Lessons” allow you to master ocean-kayaking skills including deep-water recovery, navigation, water safety and efficient paddling techniques in this two-hour class.

Thursdays at 9 a.m.: The whole family can attend the surefire fun class “Beach 101.”

Fridays at 1 p.m.: Take “Bodyboarding Lessons” and learn how to catch and ride the waves. Free day rental of boogie board is included.

Saturdays at 8 a.m.: Take the guided kayak tour “Morning Paddle” to the Mokulua Islands, with opportunities to see birds up close in their natural habitat. Advanced skill level is required.

Saturdays at 1 p.m.: During “History Tours by Van,” learn about and see significant historical landmarks on Bellows Air Force Station.







# The Bottom Line

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession — sports. Chances are you'll either agree with one of their takes or disagree with both. Our two resident sports junkies welcome your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send "Readers Strike Back" comments to editor@hawaiimarine.com. Remember, "If you don't speak up, you won't be heard!")

## Is Lance Armstrong overrated?

**Capt. K.D. Robbins**  
*The Professor*

Isn't it amazing that the Lone Star State produced a "lone star" that could anger an entire nation by doing nothing more than riding a bicycle? Texan Lance Armstrong not only upset the purveyors of wine and cheese, he embarrassed their entire country in the process by shredding the entire 2004 Tour de France field.

Lance Armstrong is arguably the most inspirational athlete of this generation. In fact, the generation that experienced "Miracle on Ice," "Bird vs. Magic," "MJ" and "Tiger" must reserve a place for the greatest Tour de France rider ever.

At the end of the tour, Armstrong had weathered continued allegations of performance-enhancing drugs, deflected flying mucus from spitting

Frenchmen and won the heart of vocalist Sheryl Crow — all while winning his record sixth straight Tour de France — not bad for a 20-stage race through the highlands and villages of France.

This said, there is only one problem that faces the cancer survivor: himself.

Lance is the first to admit that he is the hardest worker ever to ride on two wheels. Lance is also the first to admit that those who accuse him of doping are guilty themselves. The only thing that Lance hesitates to admit is that his best-selling autobiography, "It's Not About the Bike," was a mere smoke-screen/marketing tool to garner his myriad of endorsement opportunities.

Isn't it ironic that his book, subtitled "Cancer Survivor, Husband, Father, Son, Human Being," profiles a now-divorced adulterer who continues to

See **PROFESSOR**, C-5

**Sgt. Joe Lindsay**  
*The Goat*

Unless you're his ex-wife, Lance Armstrong just isn't the type of guy you can hate. He is an amazing athlete who could arguably have laid claim to being the greatest cyclist of all-time, even before winning his sixth Tour de France in a row on Sunday.

Now, there can be no argument at all. He is the greatest cyclist of all-time. There is only one problem. So what?

Armstrong is going to make millions, and millions more in endorsements. He is going to be on the cover of "Sports Illustrated" (again), and is going to have movies, books and songs by Sheryl Crow written about him.

Everybody loves him, even though they've never seen him race.

And the reason they haven't seen

him race is that watching cycling is extremely boring. Of course, many French alcoholics would disagree, and that is why the premier cycling event in the world is called the Tour de France and not the Tour de Texas or the Tour de Ohio.

Americans just don't enjoy watching sports that don't involve balls.

Still, there is no reason we can't all be happy for Lance. After all, it is a true testament to his character that he conquered cancer and came back to win the Tour de France. But don't expect France to reissue a commemorative teston coin with his likeness on it anytime soon.

The French don't seem to particularly care for Mr. Armstrong, who has gotten quite testy with the French media, even going so far as to accuse

See **GOAT**, C-5

### READERS STRIKE BACK

“... Sports are an important part of our world, but people need to relax a little ... I see no reason to completely lose my mind over it ...”

Dear "Bottom Line,"

Before I write my take to you about "The Bottom Line," I just wanted to say I have been meaning to do it for a long time — ever since your articles first came out last year. You could call me a long-time reader, first-time writer.

I love "The Bottom Line," and it is definitely my favorite part of your newspaper, and I will get to my take on today's article ("Who won the Shaquille O'Neal sweepstakes?," July 23, page C-3) in a second. However, the problem I have is with the people who seem to always write in. Not all the time, but a lot of the time, they seem so negative.

Sports are an important part of our world, but people need to relax a little. I am a die-hard Dallas Cowboys fan, and I love the Mavericks and the Rangers too, but I see no reason to completely lose my mind over it.

I do follow them and I always root for them to win. If they lose, though, I don't go out and let it ruin my day or, worse yet, beat my wife.

It is true. Studies have shown that if a sports team loses, then cases of domestic violence go up in that city. That is sad.

What was also sad was last week's letter that was so negative against your paper. Base newspapers are an important way of getting the word out. I have been more places than I can count since joining the Marines, and I disagree with your reader's statements.

Also, if any Marine has ever had their picture in the paper, or a story about them or their unit, then they know that it is a good feeling and [it] is something

to send home to Mom and Dad back in Texas, or wherever hometown that Marine may have been raised from.

OK, time to get off my soapbox and give my take on today's "Bottom Line." Both The Professor and The Goat made good points, but I just can't get over it that the Lakers would trade Shaq.

I am sad that the Mavericks didn't get Shaq. I thought we would. That would have been great, but I still think it's crazy for the Lakers to trade the most dominating player in the NBA.

Miami got lucky to get Shaq. They are going to be good next year. I only hope Dallas can survive the heartache of losing out on the Shaq "sweepstakes."

—*Very sincerely,*  
*Donald Bartlett*  
*Anna, Texas*

# Low-carb diets may affect physical performance

**Cpl. Luis R. Agostini**  
*MCB Camp Pendleton*

**MARINE CORPS BASE CAMP PENDLETON, Calif.** — Carbohydrates, widely accepted by many as the enemy of any weight-loss plan, are essential for the active Marine lifestyle, according to nutritionists and dieticians at the Naval Hospital here.

The popularity of low-carbohydrate diets, such as the Atkins and South Beach Diets, has skyrocketed due to their quick results in reducing weight and body fat.

“These diets were designed as quick, weight-loss diets, and are very successful,” said Wendy Van Wootten, a dietitian at the Naval Hospital’s Nutrition Clinic.

“Low-carb product sales have increased more than 30 percent in the last six months, due to all of the media attention,” said Sabrina Nappa, a sales associate at Mainside’s General Nutrition Center.

A low-carb diet, recognized as a diet comprised of less than 40 percent carbs, may reduce weight quickly, but numbers in physical fitness tests may drop as well.

“It directly affects physical performance. A low-carb diet does a disservice to the physical capabilities of the body,” said Van Wootten. “When the diet is restricted in carbohydrates, it will begin

losing stored water from muscle cells. As that water is eliminated, the result is the weight loss.

“The dieter is excited about the loss and continues to the point where it is either too boring or too difficult to continue. The weight gain returns, and the yo-yo cycle of weight loss and weight gain begins again,” added Van Wootten.

Despite medical claims of the health risks associated with low-carb diets, some Marines continue to display unwavering loyalty to the low-carb solution.

Lance Cpl. Sweta A. Lamichmane, an assistant career planner for Combat Service Support Group 11, 1st Force Service Support Group, weighed 144 pounds in February. At 5 feet, 2 inches tall, she was over her maximum weight by 7 pounds. This, coupled with the desire to have a better body by summer, prompted her to get on the low-carb diet.

“I started when my husband left for Iraq,” said the 21-year-old. “I wanted to get back the body I had in high school.”

During the next four months, Lamichmane put her refrigerator through a drastic makeover, replacing starches and sweets with low-carb breads, milk and other products.

After four months of the low-carb lifestyle, along with physical training, Lamichmane lost 24 pounds, and improved her flexed-arm hang by 34 seconds. However, different lifestyles

For more information on nutrition programs, or to speak with a dietician, contact MCB Hawaii Health Promotions at 473-WELL (9355)

require different caloric and carb intakes.

“A sedentary person’s diet needs to be associated with age and body size, because age, muscle structure and height have an influence on the number of calories a person burns throughout the day,” said Van Wootten. “As an example, a 20-year-old, 6-foot tall Marine with normal body weight [175-190 pounds] would require approximately 2,200 calories a day — at least 50 percent from carbohydrates. Converted to grams, that equates to about 275 grams a day. These carbs would be spread out over the day to get the most benefit,” she explained.

Van Wootten said caloric needs also vary between different military occupational specialties.

“There would be a large requirement difference for a reconnaissance Marine versus one that works as an administration clerk, even if the admin clerk worked out every day,” said Van Wootten. “For a Recon Marine, the calorie requirement could be as high as 4,000 calories a day, or 500 grams of carbs. The

admin Marine might only require 2,400 calories a day, or 300 grams of carbs.

“It’s also important to remember the more aerobic type exercise performed, the need for quality carbohydrates may go up as well,” she continued.

A low-carb diet, usually high in protein and fat, can reduce muscle mass, despite the amount of protein consumed.

Van Wooten said, “The muscles’ primary source of fuel is glycogen, easily assimilated from carbohydrate sources. Once the carbs are reduced and sometimes eliminated, the muscle will begin to lose water storage and begin using its own protein storage for fuel. Essentially the muscle cell could get smaller in size because of the loss of water and the loss of proteins which are used as fuel for the muscle.

Just as not all carbohydrates are the same, different carbs are consumed for different purposes.

“Complex carbs require more extensive digestion, and get into the bloodstream slowly, sort of a time-released effect,” said Van Wooten. “Complex carbohydrates are always the preferred choice.”

Military dieticians and nutrition experts suggest service and family members see a registered dietitian to develop meals and exercise programs that will be successful in the long term, rather than follow a low-carb diet plan.

*PROFESSOR, From C-3*

fight allegations of doping and personal integrity? No, it isn’t.

After all, Magic has AIDS, MJ is a compulsive gambler/adulterer, Tiger pushes kids who ask for autographs and the Yankees, well, there aren’t enough paragraphs to write about the Yankees.

**Bottom Line:** Athletes are just that — athletes. Before we put them on a pedestal as role models, cancer survivors, husbands, fathers or human beings, let’s just remember that many are athletes

first, civilians second.

Armstrong’s achievement in Paris is an amazing feat and he deserves accolades as a cyclist and a remarkable athlete. So, before you start naming your children “Lance” or taking out a second mortgage for your own version of his Trek lightning on wheels, just take a moment and pause.

Winning six in a row is unbelievable. Armstrong’s dedication to his craft is truly special and his recovery from cancer is an inspiration. Give him that.

Just don’t let him date your sister.

*GOAT, From C-3*

them of spying on him and plotting to plant steroids in his hotel rooms.

All of these accusations, including the ones recently released in a book entitled L.A. Confidential: The Secrets of Lance Armstrong, may soon land Armstrong in court, where he has vowed to sue the authors and publishers for libel and to testify that he has never used performance-enhancing drugs.

In fairness to Lance, it is important to note that, despite testimony to the contrary, he has never failed a drug test. Neither has Barry Bonds or Marion Jones, for that matter.

**Bottom Line:** Lance Armstrong, The Goat wishes you all the best. You are a true under-

dog story. We love you because we know you would never quit.

It must have been tough when you had brain, lung and testicular cancer all at the same time. But with the love and support of your family, friends, fans and Sheryl, you got back on that bike and won the Tour de France — not five, but six times in a row.

Sometimes, when The Goat wants to quit during “pack PT, up KT,” he thinks of you and realizes he has no good reason to quit, and it shames him.

But then again, if a person never quit when the going got tough, then they wouldn’t have anything to regret for the rest of their life. There would be nothing to haunt them. And then life would get kind of boring.

Just like cycling.